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In the United States Patent and Trade Mark Office

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In re application of : DANNY ADCOCK
Title: EXERCISE DEVICE
Serial Number: 10/537240
Filed on : 26 November 2003
10 Correspondence Date: 1 May 2009
Examiner: LoAn H Thanh
Art Unit 3764

15 Amendment and Response to First Official Action mailed 23 January 2009 and to the advisory action dated 1 May 2009

Commissioner of Patents
P.O. Box 1450
20 Alexandria VA 22313-1450

Sir,

25 This amendment is in response to the office action mailed to the applicant on 1 May 2009.

- A Set out below is a complete listing of the claims.
B The listing includes the text of all pending claims (including withdrawn claims)
C Each claim includes a status identifier.

30 Please amend the above application as indicated below:

In the claims:

35 **Claim 1-26 are cancelled from the application**

Claims 27 - 53 Added

Revised Claims:

40 27 (Currently Amended) A device for the exercise of the musculature of the upper arm, the device comprising: telescopically assembled co operating inner and outer tubular